

PATIENT EDUCATION

CHG Showers Before Surgery

Chlorhexidine Gluconate (CHG) kills germs and is in some types of soap. Washing your skin with a germ-killing soap will help stop infection after surgery. Shower the night before surgery AND the morning of surgery with the CHG soap following the steps on this paper. Follow these instructions ONLY if you are having surgery where an incision will be made on your skin. All other procedures or any procedure on the head or genitals should shower with an antibacterial soap.

- Below are pictures of some CHG soap. Any type/brand of **4% CHG** is OK to use. Ask the pharmacist if you are not sure what to buy or if you have questions. **DO NOT use this product if you are allergic to CHG.**



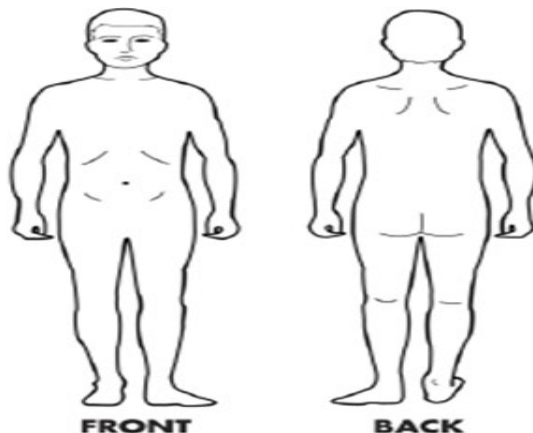
- Buy two 4-ounce bottles (or buy one 8-ounce bottle and use half with each shower).
- DO NOT SHAVE any part of the body for two days before your surgery. Men can shave their face two days before.
- This soap may stain or change the color of towels/washcloths.

The night before surgery

1. **DO NOT USE CHG on the face (eyes, ears, mouth), near vagina or penis. DO NOT use CHG on open skin, sores, or rashes.**
2. In the shower/tub, clean your body with your regular soap first. Wash and rinse your hair using your normal shampoo.
3. Make sure you use clean water to rinse all the soap, shampoo, and conditioner off your body and out of your hair.
4. Next use clean water to wet your entire body. Then turn the water off or move away from the water spray.
5. Stay out of the water as you wash with the CHG soap.
6. Use one bottle (4 ounces) for this shower (or half of the 8-ounce bottle).

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7. Use a clean washcloth to put the CHG soap on your body. Start by washing your neck and clean each part of your body as you work toward your feet. **DO NOT USE CHG SOAP by your eyes, ears, mouth or between your legs by the vagina or penis. DO NOT use CHG on open skin, sores, or rashes.**
 - When you are done cleaning your body, **gently rub where your surgery incision will be for about 3 minutes.** See the mark on the picture below of where your incision(s) will be.



8. Use clean water to rinse all the CHG soap off your body.
9. If you have pain, red spots or an itch that does not stop, use clean water to rinse off the CHG soap right away and do not put any more on.
10. DO NOT wash with your regular soap, shampoo, or conditioner after you have used the CHG soap.
11. Use a clean towel (a towel that has not been used since it was washed) to dry your body.
12. DO NOT put on deodorants, lotions, moisturizers, makeup, powders, or sprays.
13. Dress in clean clothes (clothes that have not been worn since they were washed).
14. Sleep on sheets that are clean (sheets that have not been slept on or used since they were washed).

The morning of surgery

1. **Only use the CHG soap for this shower. DO NOT USE CHG on the face (eyes, ears, mouth), near vagina or penis. DO NOT USE CHG on open skin, sores, or rashes.**
2. DO NOT shampoo or condition your hair in this shower.
3. Use clean water to wet your entire body. Then turn the water off or move away from the water spray.
4. Stay out of the water as you wash with the CHG soap.
5. Use one bottle (4 ounces) for this shower (or half of the large 8-ounce bottle).
6. Use a clean washcloth to put the CHG soap on your body. Start by washing your neck and clean each part of your body as you work toward your feet. **DO NOT use CHG soap near your eyes, ears, mouth or between your legs by the vagina or the penis. DO NOT use CHG on open skin, sores, or rashes.**
 - When you are done cleaning your body, **gently rub where your surgery incision will be for about 3 minutes. This is the same spot you cleaned last night (your surgery incision area on the picture above).**
7. Use clean water to rinse all the CHG soap off your body.
8. Use a clean towel (a towel that has not been used since it was washed) to dry your body.
9. DO NOT put on deodorants, lotions, moisturizers, makeup, powders, or sprays.
10. Dress in clean clothes (clothes that have not been worn since they were washed).

Call your surgeon's clinic if you have any questions about taking showers before your surgery.